



Bandon Hill Primary School
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Headteacher: Mr R Hopkins MEd NPQH



RSE Lessons

Tuesday 17th September 2024

Dear Parents and Carers,

This half term your child's class teacher will be teaching RSE in PSHE lessons. The resources for our PSHE lessons are from 'Kapow Primary', the RSE module is called 'Safety and the changing body'. These lessons are compulsory and cannot be withdrawn from.

The law was changed with effect from September 2020 so that primary schools in England must teach relationships education and health education (*The Children and Social Work Act 2017*).

- The relationships education part of the new curriculum teaches what children need to learn to build positive and safe relationships with family and friends and online.
- The health education part of the new curriculum covers both physical health and mental wellbeing and teaches children how to make good decisions about their own health and wellbeing; how to recognise issues in themselves and in others; and how to seek support as early as possible when issues arise.

Year 5

Lesson 1: Online friendships

To begin to understand some issues related to online friendships including the impact of their actions.

Lesson 2: Staying safe online

To learn about staying safe online.

Lesson 3: Puberty

To understand physical changes during puberty.

Lesson 4: Menstruation

To understand the menstrual cycle.

Lesson 5: Emotional changes in puberty

To understand emotional changes during puberty.

Lesson 6: First Aid: Bleeding and head injuries

To understand how to help someone who is bleeding.

Lesson 7: Alcohol, drugs and tobacco: Making decisions

To begin to understand the influence others have on us and how we can make our own decisions

When it is felt to be appropriate classes will be split into boys and girls. There will be a question box in the classrooms for any questions pupils do not feel confident to ask aloud.

We are inviting all parents into school on Tuesday 24th September at 2:30pm to view the Kapow resources. If you wish to attend, please enter via the office at 2:30pm.

If you have any questions or concerns please email the office FAO Mrs Horne.

Kind regards,

Mrs Horne
PSHE and Wellbeing Lead

